Ottawa metro

Your essential daily news | WEEKEND, NOVEMBER 4-6, 2016 | High 4°C/Low -1°C A mix of sun and cloud

Under the spell of Dr. Strange metroLIFE

TRUDEAU TRACKER

ONE YEAR LATER

219 PROMISES MADE, AND ...

- 95 Not yet started
- 64 In progress
- 34 Achieved
- 26 Broken

metroNEWS

THE CANADIAN PRESS

Get in the driverless seat — and step on it

THE FUTURE

City planning to study impact of autonomous cars on Ottawa

Ryan Tumilty
Metro | Ottawa

A future with plenty of cars on the road — but few drivers behind the wheel — could be here sooner than we think, prompting the City of Ottawa to study the impact of autonomous vehicles on our streets.

The city plans to conduct a study and draft a white paper on autonomous vehicles next year with the goal of understanding just how cars that drive themselves could impact the city.

In an email, transportation program manager Kornel Mucsi said autonomous vehicles, or AVs, could have a huge impact and the city needs to be prepared.

"We need to know how AVs impact the need for roadway infrastructure and what the implications are on transit investments," he said.

Barrie Kirk, co-founder of the Canadian Automated Vehicles Centre of Excellence, which is based in Ottawa and studies issues related to autonomous vehicles, said the centre will bring about major changes.

"It's rather like 100 years ago, any city council trying to plan for the arrival of the automobile," he said.

Kirk said it goes beyond just roads and transit. He said policing will change because autonomous vehicles won't get into accidents or get speeding tickets.

He said getting a study done next year would put Ottawa in the middle of the pack of Canadian cities preparing for the change, and with likely a few years time before fully autonomous vehicles hit the road.

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24485

metro NEWS
Your essential daily news
Remember Daylight Saving Time starts this weekend

Lawyers guitar up for charity

BACKSTAGE PASS

Rockable Hours raises funds for the Ottawa Food Bank

Trevor Greenway
Metro | Ottawa

University of Ottawa student band The Reasonable Persons performs at Rockable Hours last year.

What do you get when you toss a dozen lawyers, law students and faculty members into a room with a bunch of guitars, some drums and an unforgiving stage?

A three-hour sonic sentence, with no possibility of parole until the show is over. Bail is set at $20.

That's the idea behind Rockable Hours, a charity music event that encourages lawyers to trade their case files in for battle axes, briefcases for drum sticks and their class-action suits for keyboards to raise money for the Ottawa Food Bank.

"We have four bands and the lawyers are from the law firm Gowling WLG, the Department of Justice and law students from the University of Ottawa law school," says organizer Albert Chang, also a lawyer with the Canadian Internet Registration Authority.

"It's kind of a neat group and the event shows a different side of lawyers, so it's pretty fun."

The charity show first hit the stage last year at Babylon Night Club and it was highly successful with over $5,000 raised in a few hours. But Chang now sees how far that money can go at the Ottawa Food Bank.

"For every dollar that is donated, they can actually purchase $5 worth of food due to their bulk purchasing power," he says.

"If someone buys a $20 ticket, that's actually $100 for the Ottawa Food Bank."

Chang has been a philanthropist over the last several years, hosting charity events for Ontario's Make-A-Wish Foundation, the Leukemia and Lymphoma Society of Canada and the Elder Care Foundation of Ottawa, just to name a few.

His band Caveat Rumpus was always the catalyst behind these smaller music events, but now with Rockable Hours, and four bands, Chang has given up his guitar for the producer's chair.

"I found it too much work playing and organizing," says the lawyer, who puts in long days, as most lawyers do.

He said it's more stressful for these lawyers getting up in front of their peers to play tunes than it is standing before a magistrate on judgement day.

"It's a side that you don't see of lawyers: having fun, playing in a band and being just like everyone else," said Chang.

The four bands on the bill include Chairman and the Bored, Lex Rock, Caveat Rumpus and the Reasonable Persons.

"I think for a lot of those lawyers, it will be more stressful playing in front of their peers. It's definitely getting them out of their comfort zones."

For Chang, he could easily get his lawyers buddies to make a $20 donation every month and raise a pile of money for the food bank every year, but these events do so much more than just raise much-needed cash.

"It's always good to give back to the community. As lawyers, I think we are in a privileged position and it's good to give back," he adds.

"Giving money is one thing, but I wanted to do something where everybody wins. Anybody can donate $20 to the Ottawa Food Bank, but this is a fun event where they are going out and having fun and it raises awareness for the Ottawa Food Bank as well."

Tickets are $20 at the door or $10 for students with all proceeds going directly to the food bank.

5 Fun Things to do across the city this weekend

Get a taste of Russian culture, go vintage shopping and get a head start on Remembrance Day and holiday shopping. HALEY RITCHIE METRO

1 Ottawa Wine and Food Festival

Try something new at the Wine and Food show on Friday, Saturday or Sunday night, this year located at the EY Centre instead of the Shaw Centre. There's something for foodies, wine and beer lovers. Admission is $25 and sampling tickets are $1 each. Samples vary in the amount of tickets they require.

2 We Will Remember Concert (Sunday)

The Governor General's Foot Guards Band and the Central Band of the Canadian Armed Forces will present a Remembrance concert with the backdrop of the Canadian War Museum's collection from 2 p.m. to 3 p.m. on Sunday. The performance is free with museum admission.

3 Ottawa Vintage Clothing Show

Head to the Shaw Centre on Sunday from 10 a.m. to 5 p.m. to scope out some new (old) items for your wardrobe, from "streetwear to Chanel." There will be thousands of items for sale, both men and women's clothing and accessories. Admission is $10.

4 Holiday bazaars

It's bazaar season! There are so many craft shows we can't list the dates; but head to Google for more info: Cheerfully Made Holiday market (Almonte), Snowflake Bazaar (Orléans), Capital Artisans Guild (Orléans), Tinsel Tea and Bazaar (Gloucester), Something New Edinburgh (Edinburgh).

5 Taste of Russia Festival

Head to the Pushkin Cultural Centre (89 Stonehurst Avenue) this weekend for authentic Russian cuisine, live entertainment, art for sale and souvenirs. The event takes place Sunday from 11 a.m. to 4 p.m.

Keeping score on promises

ANALYSIS

So far 34 of Trudeau's 219 pledges kept, 26 broken: Site

Ryan Tumilty
Metro | Ottawa

One year since he became prime minister and Justin Trudeau has fulfilled some of his promises, is still working on many and has broken others, according to an independent, non-partisan website that has been tracking his progress.

Calgary-based IT consultant Dom Bernard and some of his colleagues built the website www.trudeaumetre.ca, which tracks what the prime minister has done compared to what he promised.

Trudeau made 219 promises during last year's marathon federal election campaign, according to the website. The Trudeau Metre shows the prime minister achieved 34 of those promises as of Thursday. The site shows 64 promises are still in progress, 95 haven't been started yet and 26 have been broken.

The site trudeaumetre.ca tracks Prime Minister Trudeau's progress. THE CANADIAN PRESS

Trudeau's pledge to run deficits of less than $10 billion in his first two fiscal years and his failure to end the ban from giving blood on men who have had sex with men are among the prime minister's broken promises, according to the website.

> **We're trying to stay as objective as possible.**
> Dom Bernard

The site also says bringing in 25,000 Syrian refugees constituted a broken promise, because, while it did happen, the government missed the aggressive timeline Trudeau promised during the campaign.

Bernard said with no other government to compare Trudeau against, it's hard to say if he is any better or worse than his predecessors.

"The numbers are what they are. In terms of whether they are good or bad, it's hard to know," he said.

He said that, for most people, the individual promises that Trudeau does or doesn't honour have different weight, but for the site they try to treat it like a pass-or-fail exercise.

"We're trying to stay as objective as possible," he said.

The project was modelled after an Egyptian initiative that attempted to track the promises of that country's first democratically elected president.

Many of the individual promises have generated lengthy discussions in the comment section of the website and Bernard said that's exactly what they hoped would happen.

"We wanted to start the same amount of discussion and conversation," he said. "Canadians are interested in discussing what the government is doing, what the government said it would do."

POVERTY

Province ponders minimum income

Ontario's Liberal government is asking for public input on developing a pilot project to guarantee people a minimum income.

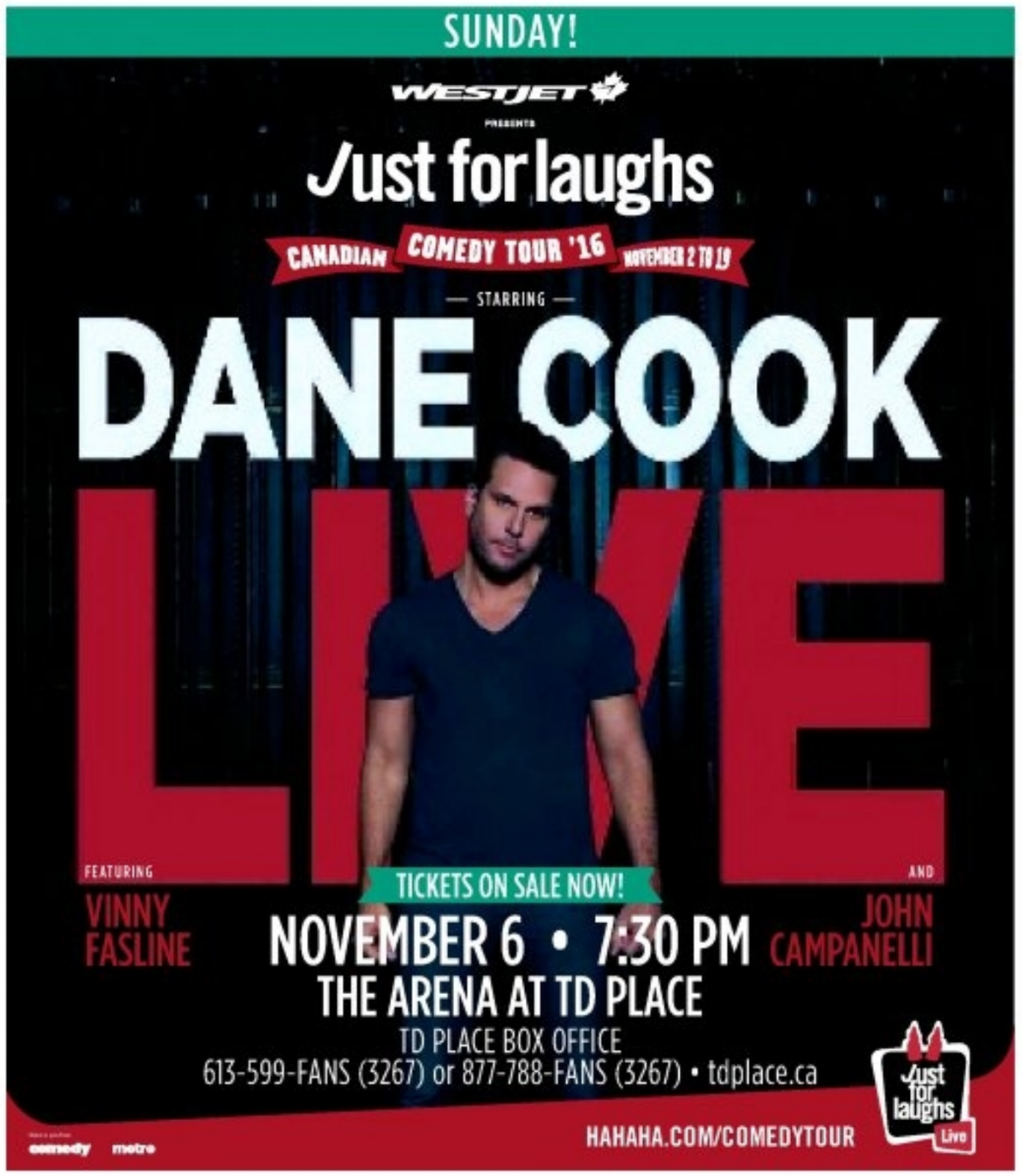
The consultation will involve questions such as who should be eligible, what the basic income level should be and what criteria should be established.

It will be based on a discussion paper produced by former senator Hugh Segal, who recommended a monthly income of $1,320 with another $500 for people with disabilities, to replace the Ontario Works and Ontario Disability Support Program.

He says the pilot should look at health outcomes for those involved as well as the life and career choices they make, education outcomes, work behaviour, changes in food security and impacts on their housing arrangements.

Segal says the governing principles should be that no one is worse off under the pilot and that participation is voluntary.

The government intends to have a plan ready for the pilot by April 2017. THE CANADIAN PRESS



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12 weeks (36 hours in class and 36 hours online)
FRENCH AS A SECOND LANGUAGE (9 LEVELS)
January 10 to April 8, 2017
Evenings: 6 pm to 9 pm (9 levels)
Saturdays: 9am to noon (8 Levels)
ENGLISH AS A SECOND LANGUAGE (6 LEVELS)
January 10 to April 8, 2017
Evenings: 6 pm to 9 pm (6 levels)
Saturdays: 9 am to noon (1 level)
FULL TIME
4 weeks (60 hours in class and 60 hours online)
FRENCH AS A SECOND LANGUAGE (6 LEVELS)
November 21 to December 16, 2016
Levels 1, 3 and 5: 9 am to noon
Levels 2, 4 and 6: 12:30 pm to 3:30 pm
ENGLISH AS A SECOND LANGUAGE (6 LEVELS)
November 21 to December 16, 2016
Levels 2,3,7: 9 am to noon; Levels 1,4,5: 12:30 pm to 3:30 pm
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The Canadians who want Trump to win

★U.S. ELECTION★

Supporters of GOP candidate in minority countrywide

They don't always like what they see or hear but Canadians hoping Donald Trump becomes the next U.S. president believe him to be a straight shooter that will bring economic benefits to Canada in a world severely circumscribed by political correctness.

A President Trump, they say, would provide a potent antidote to what they view as a march toward self-serving big government whose benefactors are moneyed elites.

"A lot of good honest blue-collar people were really thrown under the bus by the elite donor and political class," said Daniel Erikson, 38, a Calgary businessman.

Eli Townsend, 6, dresses like presidential candidate Donald Trump at a rally on Thursday. Some Canadians say Trump would provide a potent antidote to what they view as a march toward self-serving big government. GETTY IMAGES

Trump would provide a strong counterweight to the Liberal government in Ottawa and the NDP government in Alberta that has pushed the economy "almost to the breaking point," Erikson said.

Inevitably, conversations with Trump supporters in Canada turn to an often palpable hostility toward his Democrat rival, Hillary Clinton.

Andrew Stagg, 31, a Toronto-born Canadian software engineer who lived most of his life in Calgary, said his antipathy toward Clinton stems from his Christian-based opposition to abortion, and the email and other scandals that have dogged her.

Clinton also poses a threat to gun rights, said Stagg, who now lives in the U.S. On the other hand, he said, Trump has committed to appointing Supreme Court justices who favour those rights.

"That is one of the most important liberties that American citizens and residents have, and something that I think is missing in Canada," Stagg said.

Trump supporters in Canada, according to recent polls, are by far in the minority, with fewer than one in five saying they would cast ballots for him if they could.

The vast majority would back Clinton, a position Manny Montenegrino, a one-time adviser to former Conservative prime minister Stephen Harper, said left him "dumbfounded."

Win or lose next week, few can argue with the fact that Trump has run a remarkable campaign that catapulted him from a long-shot contender for the Republican nomination to possible president.

THE CANADIAN PRESS

HEALTH

Liquid fentanyl found by police a 'game-changer'

A police force in Ontario is revamping the way officers handle street drugs after learning that a substance seized during a drug raid was liquid fentanyl, a highly powerful opioid that can be easily absorbed through the skin.

Hamilton police Det. Const. Adam Brown said he and other officers came across a vial of the drug during a raid in May, but at the time they believed it contained GHB — also known as a date-rape drug.

Police sent a sample of the suspected GHB to Health Canada for testing and the results showed it was actually liquid fentanyl.

"I was never afraid that if I got a little of this stuff on my skin that I would ever be worried about death — that was never a concern for me, now it is," Brown said. "It's a complete game-changer for us and it's scary because you don't know what concentration this is."

Liquid fentanyl is believed to be more powerful than the powder form of the drug, which is believed to have led to more than 1,000 fentanyl-related deaths across the country, although Canada lacks a central database with up-to-date numbers of overdose deaths.

THE CANADIAN PRESS

COURT

CSIS broke law in keeping metadata, judge rules

A Federal Court judge says Canada's spy agency illegally kept potentially revealing electronic data about people over a 10-year period. In a hard-hitting ruling made public today, Justice Simon Noel says the Canadian Security Intelligence Service breached its duty to inform the court of its data-collection program, since the information was gathered using judicial warrants.

The ruling says the CSIS data analysis grew out of the spy service's concerns in the early 2000s that the information it collected was not fully utilized and should be processed using modern techniques. THE CANADIAN PRESS

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The politics of abortion

Rosemary Westwood relocates from Canada to the U.S. in the midst of the most unusual presidential election ever. She chronicles her observations in a weekly column for Metro.

ROSEMARY WESTWOOD
From the U.S.

A week before the U.S. presidential election, I visited the New Orleans Planned Parenthood clinic.

It sits nestled between residential streets, and along a wide, four-lane city artery. The new facility (updated from more humble digs in a shotgun house) opened in spring, and it's friendly, clean, and oddly quiet.

It was a Tuesday, so the regular pro-life Friday protesters weren't around, one clinic worker told me. Another group had just finished a biblical-sounding "40 Days of Harassment," she said. "That's what they called it." Patients coming here for sexual and reproductive health care weren't bothered by the daily signs and blocking of the driveway, she added. "They say, 'Those people need a job.'"

Planned Parenthood in Louisiana — which has one other clinic in the state capital of Baton Rouge — doesn't offer abortions (yet, it has plans to apply for the required licence).

And other clinics that do perform the procedure have been through a legal see-saw over the past two years, facing one of the proliferating restrictive laws in the Southern U.S. (in this case, one relating to doctors and hospital admitting privileges). The law shuttered some clinics this spring, before the Supreme Court temporarily blocked it in March.

But given Planned Parenthood's prominent role in this election, the protests against a procedure not even being performed at the clinic here make a kind of sense. Planned Parenthood, and Hillary Clinton, have become the most public banner-wavers for abortion rights. And Donald Trump the ill-informed, gruesome critic.

Trump's macabre description of a late-term abortion procedure that doesn't even exist during the final presidential debate was only the ghastly tip of a much larger iceberg. Abortion isn't just a boogeyman of the right wing. It's a legitimately stagnated, divisive issue in this country. The kind of issue that brings Trump back to the traditional right wing, the kind of issue some voters have told reporters will be the reason they plug their nose and vote for Trump.

For example, while millennials across the political spectrum skew more progressive on issues of race, sexuality, and immigration, they remain divided on abortion, according to the Pew Research Centre. (And — notably — on gun rights.)

The U.S. is increasingly a country of less socially conservative voters, but 41 per cent of American adults continue to believe abortion should be illegal, a statistic largely unchanged for decades. And in Louisiana, it's a political given.

John Bel Edwards, the state's Democratic governor (still quite a feat), has been so vocal about his pro-life stance, he's actually won an award for it. He signed the new law that the Supreme Court saw fit to put on hold, of a similar nature to the one struck down this year in Texas, and he signed another law requiring women to wait three days before they can get an abortion. (Women here already have to see a doctor and get an ultrasound 24 hours before a procedure.)

There might have been a Hillary sticker on a car in the Planned Parenthood parking lot, but this is Trump land. Right next door, a pro-life group plans to open its third Louisiana "pregnancy centre" in January, which promises it can "reverse" the effects of the abortion pill midway through the dosage.

That might sound like fringe political efforts to a Canadian, but in America, anti-abortion politics is mainstream. And the election might seem contentious just days away from voters heading to the polls, but if Louisiana had its way, we'd be waking up on Wednesday morning to President Donald Trump.

The Planned Parenthood Action Council holds a rally at the Utah state Capitol, in Salt Lake City. THE ASSOCIATED PRESS

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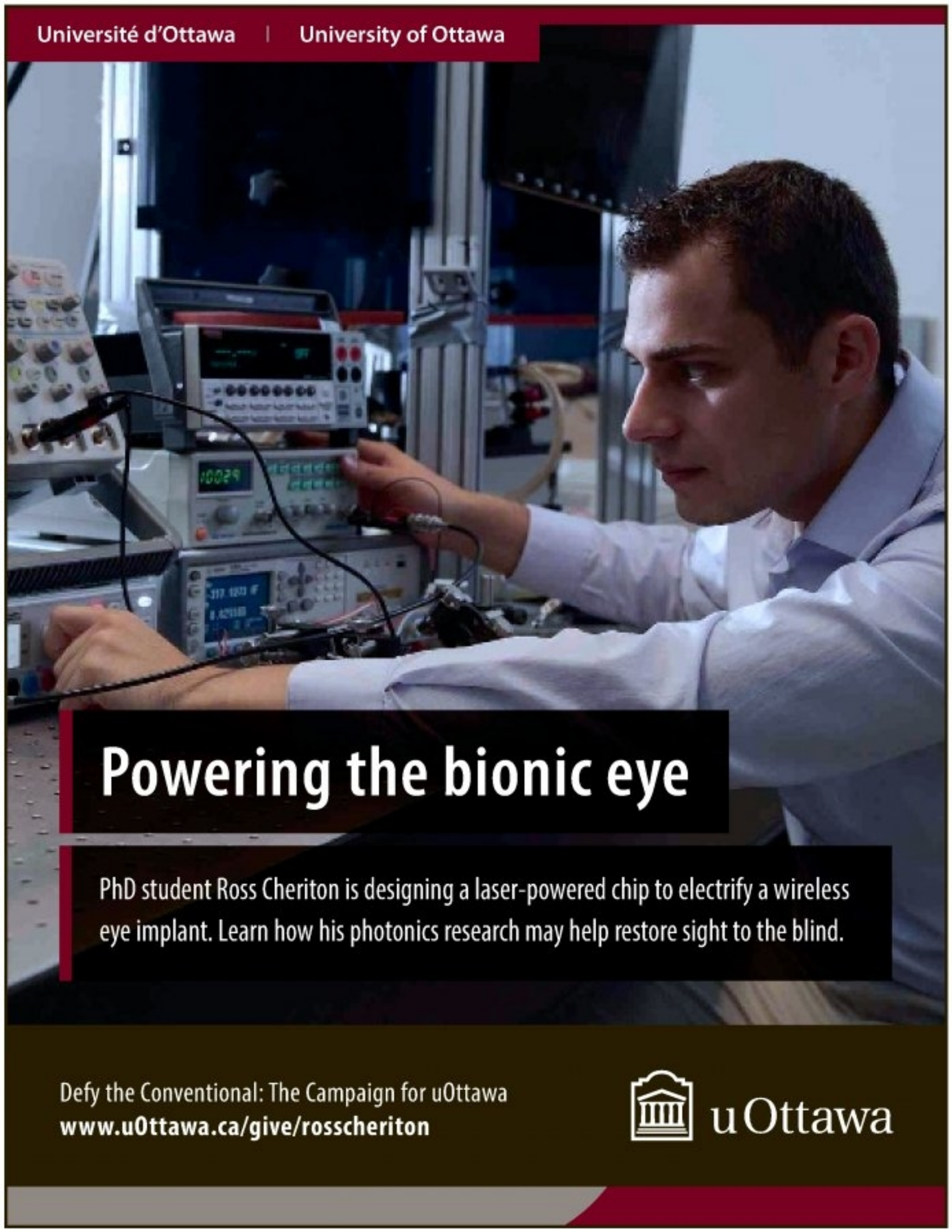

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www.uOttawa.ca/give/rosscheriton

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CORRECTION

The LCBO ad that ran in the November 3 Metro advertising Masi Bonacosta Valopolicella Classico DOC LCBO# 285585 Reg. $16.45 SAVE $3.50 NOW $12.95 | was incorrect.

It was outdated and should have featured an ad for this week's promotion of **Ménage A Trios Red Silk Blend LCBO #462853 Reg. $17.95 SAVE $4.00 NOW $13.95** which is now correctly featured on page 2. We regret any inconvenience this may have caused.

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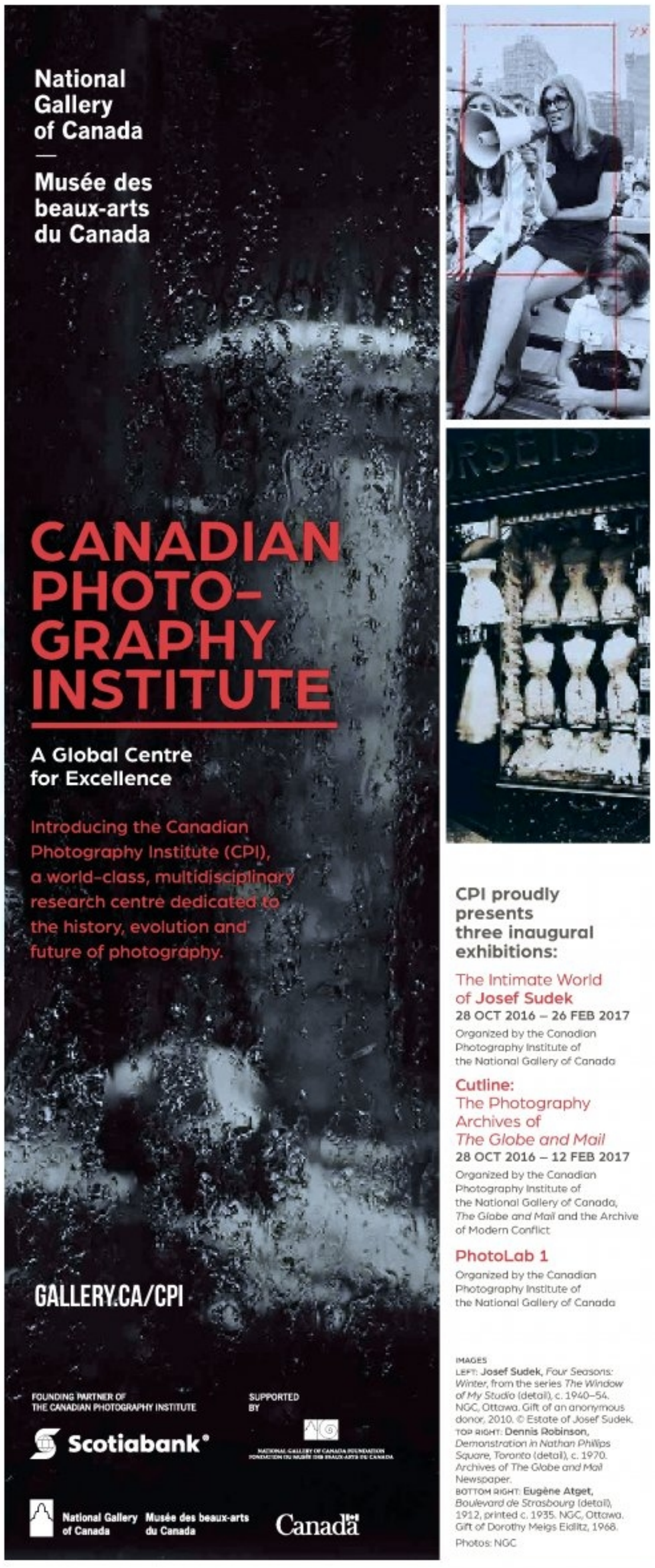
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28 OCT 2016 – 12 FEB 2017
Organized by the Canadian Photography Institute of the National Gallery of Canada, The Globe and Mail and the Archive of Modern Conflict
PhotoLab 1
Organized by the Canadian Photography Institute of the National Gallery of Canada
IMAGES
LEFT: Josef Sudek, Four Seasons: Winter, from the series The Window of My Studio (detail), c. 1940–54. NGC, Ottawa. Gift of an anonymous donor, 2010. © Estate of Josef Sudek.
TOP RIGHT: Dennis Robinson, Demonstration in Nathan Phillips Square, Toronto (detail), c. 1970. Archives of The Globe and Mail Newspaper.
BOTTOM RIGHT: Eugène Atget, Boulevard de Strasbourg (detail), 1912, printed c. 1935. NGC, Ottawa. Gift of Dorothy Meigs Eidlitz, 1968.
Photos: NGC

Study links sea ice to carbon dioxide

CLIMATE CHANGE

'It might just be rather simple,' scientist says

At current carbon emission levels, the Arctic will likely be free of sea ice in September around mid-century, which could make weather even more extreme. THE ASSOCIATED PRESS

New research is cutting through the confusion on disappearing Arctic sea ice by replacing complex computer models with simple math that links everyday activities to the health of Earth's climate regulator.

"It might just be rather simple," said Julienne Stroeve, senior scientist at the National Snow and Ice Data Center in Colorado and professor at University College London.

Her paper, published Thursday in Science magazine, outlines an easy-to-understand relationship between increasing levels of carbon dioxide in the atmosphere and the slow vanishing of summer sea ice in the North.

For every new tonne of CO2 that enters the atmosphere, says the paper, the southern edge of the sea ice loses another three square metres. That's it.

Or, in the words of the paper: "The 30-year running mean of monthly mean September Arctic sea-ice area is almost linearly related to cumulative anthropogenic CO2 emissions."

> **We are all ice-dependent species.**
> Julienne Stroeve

The direct relationship between greenhouse gases and sea-ice retreat has been pointed out before. Stroeve and her co-author Dirk Notz, of Germany's Max Planck Institute, have put hard numbers to it and explained how it works.

In a stable ice pack, the warming effect of infrared radiation generated by the sun is balanced by cold temperatures in the atmosphere. But increasing levels of carbon dioxide prevent those infrared rays from escaping into space.

As a result, the ice retreats northward where there's less solar radiation.

"The ice is migrating to re-establish equilibrium," said Stroeve.

Establishing that hard link between CO2 and sea ice has important consequences.

For years, climate modellers have attempted to pinpoint when summer sea ice is likely to disappear. Some scientists have estimated the end of this century; others have said it should already be gone.

Stroeve and Notz say the most likely date is sometime around mid-century.

That date is important for any number of reasons.

A seasonally open Arctic would ease northern shipping and resource development. It would be catastrophic for plants and animals that live on sea ice, as well as for the people who depend on them.

It would also have unknown consequences for climate around the world. Sea ice is often referred to as the Earth's air-conditioning unit and it has been linked to the behaviour of the jet stream, a high-altitude river of air that influences rainfall, drought and extreme instances of both.

Stroeve said she deliberately reported her results per tonne because that's an easily relatable amount of CO2. THE CANADIAN PRESS

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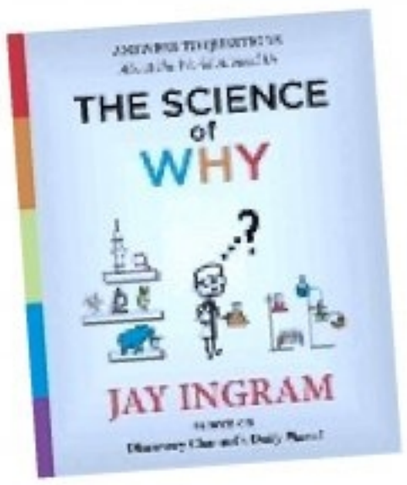
Zzzzs please: Sleeping less than eight hours a night is a major risk factor for obesity — especially in children

BOOK EXCERPT THE SCIENCE OF WHY BY JAY INGRAM



With our respected citizen scientist working on other projects this week, Metro has turned to former **Daily Planet host Jay Ingram** to explain time and aging to us. What follows is an excerpt from his new book, **The Science of Why: Answers to Questions About the World Around Us** (Simon & Schuster Canada).

WHY DOES TIME SEEM TO SPEED UP AS WE AGE?

There's no doubt that the vast majority of people feel that time moves faster as they age, but very few of them bother to estimate by how much.

A century ago the great American psychologist William James suggested that as we grow older, and more jaded and worldly, we enjoy fewer remarkable experiences in a year, and so the years become less and less distinct from each other. Another theory suggests that because each successive year is a smaller percentage of one's overall life, it is less significant when weighed against the rest and therefore passes by virtually unnoticed. When you were ten, every year was huge: 10 percent of your life. At age forty, though, one year is only 2.5 percent of your total life.

There's also a phenomenon called forward telescoping. Imagine you're asked when you last saw your aunt and you say, "Uh . . . three years ago?" when it's actually eight years since you saw her. You've zoomed in time, bringing the past closer than it really is. When someone asks me how long ago an event took place, I double my first estimate, and even then I sometimes underestimate the passage of time. That's forward telescoping.

In the mid-1970s (remember how slowly time passed then?), Robert Lemlich of the University of Cincinnati proposed one significant adjustment to the idea of the apparent passage of time versus reality. He argued that since time is all subjective anyway, years are also subjective. Calculating what percentage of your total life is represented by each passing year is fine, but it's strictly mathematical and so doesn't take into account that each passing year feels shorter as well — it is a smaller part of your total life numerically, but it feels even less than that. It's all in your head, really, so your estimate of the length of a year that has just passed should be compared not to how long you've lived but to your sense of how long you've lived.

50 per cent of your total life experience will feel locked in by your 20th birthday.

Lemlich created equations to quantify what he meant. Their implications are surprising, even shocking. Let's assume you are a forty-year-old. Lemlich calculated that time would seem to be passing by twice as fast now as it did when you were ten. (Remember how long summer vacation seemed to last?)

But there's more: the numbers tell you that if you're that forty-year-old and you're going to live to eighty, you're halfway through your life by the calendar, but because time seems to be passing ever more rapidly, Lemlich's math suggests you will feel you have less time left than you actually do. By his calculations, at age forty, you have already lived—subjectively — 71 percent of your life. It gets worse: by the time you're sixty, even though you have twenty years remaining, those twenty years will feel like a mere 13 percent of your life. These numbers are shocking enough, but they take on an even more bizarre twist when you extrapolate them back and ask the question: At what point in our lives have we experienced half of our subjective life? If you're that forty-year-old, you will have experienced half your total subjective life by the time you were 20. Even if you live to a hundred, 50 percent of your total life experience will feel locked in by your 20th birthday.

Lemlich backed up his numbers with experiments. He asked a group of students and adults to estimate how much slower time seemed to have passed when they were either half or one-quarter their present age. His theory predicted the answers almost exactly: time seemed to have passed only half as fast when they were one-quarter their present age, and about two-thirds as fast when they were half their present age.

Is something else going on in our brains that would change our perception of the passage of time as we age? It might be that our internal clock (and jet lag and shift work demonstrate just how crucial that clock is) runs slower as we age. If your clock now estimates a minute to be three minutes, because it's running slower, then many more events will be packed into that time frame and it will seem that time is passing faster.

An extreme example is the case of a man who, at the age of sixty-six, was admitted to hospital in Düsseldorf. Examination revealed a tumor in the left frontal lobe of his brain. He'd gone to the hospital because he was finding life unbearable: everything was happening at breakneck speed. He had to stop his car by the side of the road because the traffic was too fast. The television, already manic, was triple-manic, and as a result of this experience, he had begun to withdraw from society. When asked to estimate the passage of sixty seconds, it took him four and a half minutes. Imagine what traffic would look like if four minutes' worth was packed into a minute! What this case suggests is that disruptions to certain parts of the brain alter our perception of the passing of time, and while this particular case was unusual, it's possible that a gradual and minor version of this affects everyone's sense of time passing.

You might be wondering why we're spending time (it's precious!) figuring out equations to account for how we experience time. This kind of data supports what might otherwise seem to be mere impressions like this one by Robert Southey, the poet laureate of England in 1837: "Live as long as you may, the first twenty years are the longest half of your life. They appear so while they are passing; they seem to have been so when we look back on them; and they take up more room in our memory than all the years that succeed them."

FROM THE SCIENCE OF WHY: ANSWERS TO QUESTIONS ABOUT THE WORLD AROUND US BY JAY INGRAM. COPYRIGHT ©2016. REPRINTED BY PERMISSION OF SIMON & SCHUSTER CANADA

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MOVIES MUSIC TELEVISION DIGITAL

Not so strange for Dr. McAdams

IN FOCUS

Actress preps for medical role long before Marvel

Richard Crouse
For Metro Canada

Rachel McAdams, left, and Benedict Cumberbatch in a scene from Marvel's Doctor Strange. JAY MAIDMENT/DISNEY/MARVEL VIA AP

In an unconscious way Rachel McAdams has been preparing to play Dr. Christine Palmer in Doctor Strange her whole life.

"My mother is a nurse," says the London, Ont.-born actress. "She is a very compassionate kind of nurse and Christine is sort of that way as a doctor. She has an excellent bedside manner as opposed to Doctor Strange. I took a page from my mom.

"I've been talking to her about it for my whole life. She brought her job home sometimes. I picked it up over the years."

Doctor Strange, the 14th film in the Marvel Universe, aims to introduce you to the neurosurgeon, played by Benedict Cumberbatch, who goes from saving lives to saving planets.

Trauma surgeon Dr. Palmer is his ex-girlfriend but still a constant in his life, and later, when things get mystical, his anchor to the real world.

"It's a much less typical love trajectory," she says of their connection. "I think because we had so few scenes to establish our relationship it was a better jumping-off point. We had a lot more subterranean life and a much richer history for the characters."

In the comic books Christine Palmer is a very different person than the one McAdams brings to life on the screen.

"She is an amalgamation of a couple of characters," she says. "It gave us a lot of creative freedom. We were inventing something.

"I kind of looked at the comic books more for the flavour of the world and Doctor Strange himself and less so for my character."

McAdams's nurse mother may have helped the actress access the emotional side of playing a doctor, but what about the practical stuff, like tying a suture?

"This great neurosurgeon we had on set with us taught us how to sew up a raw turkey breast," she laughs. "I guess it's the closest thing to a real live human being, poor turkey. Then I used oranges, which were easier to carry in my purse. Better smell too. I also had a fake head to practice on.

"It was kind of like knitting. I would take the suture stuff around, put it on a light stand while we were shooting and practice. I still have sutures on my doorknobs. I haven't gotten around to cutting them off yet."

The result of all her work is a movie she calls "an ambitious film on the page that I think ticks a lot of those boxes people are hoping for when they go see a big, blow-out Marvel film. There's also a quiet deep emotion that runs through it.

"I find it hard to get swept away by a film I am in," she adds, "because I look at it differently, but I actually jumped at one point in my own scene. My friends were laughing. 'You knew that was coming!' I know, but I was wrapped up in it."

MOVIE RATINGS by Richard Crouse

Doctor Strange	★★★★
Trolls	★★★
Hacksaw Ridge	★★★
Gimme Danger	★★★

HOW RATING WORKS
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★★★ WORTHWHILE
★★ UP TO YOU
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Trolling in a positive way

The new animated adventure, Trolls, comes from the makers of Shrek Forever After and Mr. Peabody & Sherman. CONTRIBUTED

> **We did want to make a film about happiness because the news and the media is so scary. And not just for kids, adults too.**
> Mike Mitchell, co-director of Trolls

ANIMATED FILM

Characters, backstory of '70s dolls come to life on screen

Richard Crouse
For Metro Canada

Anyone who grew up in the 1970s will remember The Trolls. The vinyl creatures with DayGlo Eraserhead coifs and big goofy smiles invaded pop culture, decorating everything from rearview mirrors to teen's bedrooms.

Unlike modern-day Internet trolls, these creatures were joyful, hug-happy little things with more personality than your average Pet Rock and a ubiquity that made them one of the symbols of a kinder and gentler time.

Then they, like other '70s fads such as disco music, streakers and Gee Your Hair Smells Terrific shampoo, faded into obscurity, banished forever to the retro section of your local junk shop.

Now they're back in Trolls, an animated adventure from the makers of Shrek Forever After and Mr. Peabody & Sherman that aims to spread some cheer amid a fraught election season.

Co-director Walt Dohrn says he hopes the film's message of optimism in the face of adversity will be "an antidote to the madness of the world."

"When Walt and I set out to make this film," says co-director Mike Mitchell, "we did want to make a film about happiness because the news and the media is so scary. And not just for kids, adults too. The Internet is so judgemental and snarky."

"The world is kind of a difficult and dark place," adds Dohrn, "so putting something out there that talked about happiness, where it comes from, what happens when you lose it..."

"...will get people discussing the power of a positive attitude and happiness," says Mitchell, finishing his friend's sentence. "I'm hopeful this will start a trend of, 'It's OK to be happy. It's cool.' Especially with this clowny, weird election going on."

Trolls the movie is as eye-popping as the psychedelic creatures that inspired it. Mitchell and Dohrn have made a movie that is possibly the weirdest and most colourful kid's entertainment since H.R. Pufnstuf. They had the freedom to do so because the beloved 1970s toy Trolls came with no backstory.

"That's what was cool about working on this," says Mitchell. "Even though these Trolls had been around forever and ever, there was no story, no mythology to it, so Walt and I got to make a whole world. We could create a whole new world you've never seen before, create whole new characters."

They created a realm where the Trolls (voiced by Anna Kendrick, Justin Timberlake, Zooey Deschanel, Russell Brand, James Corden and Gwen Stefani) make a daring escape from the Troll Tree in Bergen Town. The Bergens are snaggletooth ogres, as miserable as the Trolls are joyful. True happiness for the glum townies only comes from eating Trolls, obviously a huge problem for our heroes.

"Walt and I are huge fans of old fairy tales," says Mitchell on the inclusion of the Troll-eating Bergens, "and those stories always had someone going down, having their heart taken out."

"We're finding the younger viewers don't have a problem with it," says Dohrn. "It's the parents trying to protect them."

The cheerful co-directors finish one another's sentences and have a camaraderie that suggests they have taken the movie's message of friendship to heart.

"He's an optimist and I'm a pessimist," says Mitchell. "That's kind of how we approached directing this film. We had a balance. In making it I discovered the power of a positive attitude."

FILM BRIEFS

Streep's career honoured at this year's Golden Globes

Eight-time Golden Globe winner Meryl Streep will add one more at this year's Globes: the Cecil B. DeMille Award.

The Hollywood Foreign Press Association announced Thursday that the 67-year-old actress will receive its prestigious honour for "outstanding contributions to the world of entertainment."

The 74th annual Golden Globes will air live on NBC on Jan. 8. THE ASSOCIATED PRESS

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DODGE CARAVAN KIDS

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FALL FUN FOR EVERYONE

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Don't let November's grey days and chilly nights keep you from all the exciting things cooking up in Ottawa this month — starting with comfort food. Savour Siberian pelemeni (dumplings), pirozhki, borscht, plenty of vodka and more at the annual Taste of Russia festival on Nov. 6. Held at the Pushkin Cultural Centre, you'll also enjoy live music and dance, work from local artists and a unique gift shop.

If gourmet fare is more your style, look no further than this year's Gold Medal Plates at the Shaw Centre on Nov. 7. Sample dishes from 10 of Ottawa's hottest chefs as they battle it out for gold, silver and bronze — the gold winner representing Ottawa at the Canadian Culinary Championships next February. With net proceeds going to the Canadian Olympic Foundation, this culinary showdown is as much a celebration of our athletes as it is a terrific feast.

Also celebrating homegrown talent is The Signatures Show at the Shaw Centre Nov. 9-13. Featuring handmade creations of more than 180 artists, artisans and designers from across Canada (35 from the Ottawa-Gatineau region), you'll find something for everyone on your holiday list.

On Nov. 11, honour and remember those who lost their lives in military service at the National Remembrance Day Ceremony, held annually at the National War Memorial. This moving event joins thousands together in two minutes of silence, followed by tributes and prayers.

Animal lovers — and pets! — are invited to the Ottawa Pet Expo at the EY Centre Nov. 12-13. Football fans will love The Grey Pup: a pet play area where dogs can sport a licensed CFL jersey. Join in on a nutrition seminar with Dr. Katherine Jones of Ottawa Stray Cats, and don't forget the Christmas Photo Booth for a holiday pic of your fur-family.

Santa is back on Nov. 19 in the annual Help Santa Toy Parade. Organized by the Ottawa Professional Fire Fighters' Association, this festive spectacle of floats, bands and clowns will entertain as fire fighters collect your donations for kids in need. Bring a new toy or cash contributions (see toyparade.ca for parade route) and get the whole family into the holiday spirit.

And to inspire you to deck the halls, eight Ottawa homes decorated by local florists are on display Nov. 18-20, part of the annual Homes for the Holidays tour in support of Hospice Care Ottawa.

-COLLEEN FISHER TULLY

Jazz fest event kicks off with Jill Barber

A longstanding TD Ottawa Jazz Festival tradition is switching things up this year.

Rather than taking place in the fall, the annual Live Auction and Benefit concert will take place in the spring while a new event will kick off the festival's fundraising season this month.

The TD Ottawa Jazz Festival presents Jill Barber in Concert to Benefit the Ottawa Jazz Festival on Wednesday, Nov. 9, at Southminster United Church, a stunning and intimate venue known for its fine acoustic sound.

"Jill is one of the most important new voices on the international jazz scene," says TD Ottawa Jazz Festival executive director Catherine O'Grady. "We very proudly present her at our benefit concert."

A Canadian jazz legend in the making, Barber is a two-time Juno Award nominee who has sold over 100,000 albums. Her 2011 record, Mischievous Moon, spent 13 weeks at No. 1 on the Canadian Jazz Charts while her song Chances was featured on the soundtrack for the enormously popular Netflix series Orange is the New Black.

CONTRIBUTED

Jill Barber in Concert to Benefit the Ottawa Jazz Festival

- *When: Wednesday, Nov. 9, at 7:30 p.m. (doors open at 6 p.m.)*
- *Where: Southminster United Church (15 Aylmer Ave.)*
- *Price: $40*

Tickets can be purchased at Ottawa Jazz Festival headquarters (294 Albert St., Suite 602) Monday through Friday from 9 a.m. to 5 p.m., online at ottawajazzfestival.com or at The Record Centre (1099 Wellington St. W).

NAC MAKES ARTS AFFORDABLE FOR MILLENIALS

$15 NAC Trinity Live Rush tickets available for ages 13-29

Since opening its doors in 1969, the National Arts Centre (NAC) has provided opportunities for young musicians and arts lovers alike, offering a variety of programs for children and youth, as well as artist training and resources for teachers across the country.

For its 2016-17 season, the NAC hopes to attract even more young people through the newly expanded Trinity Live Rush ticket program. In the past, Live Rush tickets were only available to students but are now open to anyone between the ages of 13 and 29, as well as eligible arts educators. Live Rush offers young audiences $15 last minute tickets to most performances at the National Arts Centre. Tickets are generally available for all NAC Orchestra, NAC English and French theatres, NAC dance productions, as well as productions by the Ottawa Symphony Orchestra.

Calling it "a wonderful program," Cathy Levy, NAC Dance executive producer, believes Live Rush helps youth develop an appreciation for live performances of all kinds.

"The love for the arts often starts at an early age, which is why we make it a priority at the NAC to ensure our shows are accessible to younger audiences," Levy explains. "NAC Dance is proud to be part of Live Rush."

Alexander Shelley, music director of the NAC and conductor of the NAC Orchestra echoes Levy's sentiments. "For me, music is alive, it is current, it is for everyone and, for younger people, Live Rush is the best way to keep the NAC Orchestra in your life," he says. "You can make a last minute decision to hear great music, an experience you'll keep for a lifetime."

Trinity Live Rush facts

- *$15 Trinity Live Rush tickets are available for most NAC Dance, Theatre and Music performances.*
- *These Live Rush tickets are on-sale as of 10 a.m. the day of the show up until show time.*
- *To stay in the loop on Live Rush events or to get email updates as shows become available, visit nac-cna.ca/liverush.*

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Hillary Clinton and Donald Trump will both be in New York City on election night, forcing the attention of the world on the Big Apple. If you want to be in the centre of the action, here is Metro's look at the key spots to watch history — or infamy — in the making.

ISTOCK

(POLITICAL) PARTY CENTRAL

Eva Kis
Metro | New York

After 18 endless months, Election 2016 all comes down to one night. If you don't want to sit at home with Twitter for this one, head to New York City, where both Hillary Clinton and Donald Trump will be Tuesdat night, and get to a party as memorable as this campaign.

Political Party with Keli Goff
Find intelligent banter and cocktails at The Greene Space, where WNYC's Political Party host Keli Goff will gather some of her best informed, funny friends for a night of live commentary and analysis. And because this is the smart, cool kids' party, there will be games like political bingo and trivia to score rad public radio swag.
$20, 7 p.m., 44 Charlton St., thegreenespace.org

Headcount's Soundtrack to History
That ominous drumbeat that's been following us around for 18 months just won't do on Nov. 8. At Brooklyn Bowl, Everyone's Orchestra is bringing together nine of the city's most politically attuned musicians from bands like Big Gigantic and Disco Biscuits for a night-long jam session that "interprets" the results, which you can watch roll in on every screen at the venue.
$25-$250, 8 p.m., 61 Wythe Ave., Brooklyn, brooklynbowl.com

Election Night at Village Pourhouse
Like the closing minutes of an eBay auction, this election cycle has only gotten more intense the closer we get to the finish line. Take out your frustrations at Village Pourhouse by swinging at Trump or Clinton pinatas for a chance at prizes like a free tanning session (at least it won't turn you orange), plus take your own battle-royale pics in masks of both candidates. Specialty cocktails include the Donald Drumpf and Secret Server, all just $8 from 8 to 11 p.m.
Free, 64 Third Ave., villagepourhouse.com

Put it on ice
Wolf Blitzer's holograms have nothing on The Rink at Rockefeller Center, which will become Democracy Plaza with a map of the U.S. projected onto the ice and painted with light as states turn blue or red for the candidates. Watch the action from a front-row seat inside the (heated) Rock Center Café, where TVs will also be showing the election coverage, with cocktails inspired by the candidate of your choice (plus the Undecided, all $12) and a $39 three-course prix-fixe campaign-themed dinner.
Free, 20 W. 50th St., rockcentercafe.com

Election Night at Professor Thom's
The candidates won't be the only ones winning on election night at Professor Thom's. Head upstairs for all the election action you can eat and drink: Every time a state is called, the wheel of specials will spin to reward all in attendance with a new deal, like BOGO drinks and 25-cent wings.
Free, 219 Second Ave., professorthoms.com

Political Subversities
Between a hip-hop improv troupe, a social-justice comedian, a mentalist and the associate editor of Reductress, someone is bound to have an opinion on every moment of the night. This impromptu evening of fun at Littlefield brings together a lineup of unconventional observers to turn election night into the political party of the year. *$10-$15, 7 p.m., 622 Degraw St., Brooklyn*

Election 2016 Viewing Party: The Apocalypse!
We've certainly had our differences this campaign season, so set them aside at The Hill. Networking guru David Shapiro wants everyone to toast the end of the acrimonious campaign while meeting some new people over good food, specials, an election-themed drinking game and raffle prizes in the bar's upstairs lounge. Insults will cost you a drink for the person you got snippy with, so be cool and enjoy specialty cocktails like The Combover after grabbing your free beer, wine or well drink included in the ticket price.
$10, 416 Third Ave., 7 p.m. to 12 a.m., eventbrite.com

NATIONAL PARKS

Gaze into other galaxies from Jasper Planetarium

In Jasper, you can come for the snow sports and stay for the skywatching. You may even spot a sasquatch.

At the Jasper Planetarium visitors can take in a digital light show of constellations amid local landmarks, then troop outside and marvel at celestial sights set against one of the darkest backdrops in the world.

"There are details in things that I've seen here that I've never seen before. Details in galaxies and nebulas that I've strained to see in other places," said Peter McMahon, Jasper's astronomer-in-residence.

> **There are details in things that I've seen here that I've never seen before.**
> Peter McMahon, astronomer-in-residence

Looking through a bank of telescopes, including a 136-kilogram monster, would-be Galileos can spy the Northern Lights, clusters of galaxies, stars being born below the Orion Nebula, the cloud tops of Jupiter, the rings of Saturn, and flames exploding off the surface of the sun. If it's cloudy, they can listen to the magnetic fields of Jupiter.

Jasper National Park was designated a star-gazing preserve by the Royal Astronomy Society in Canada in 2011. Ninety seven per cent of the park is wilderness, free of light pollution. On the nine-point Bortle scale, Jasper is a one or a two, compared with, say, incandescent Toronto, which would be a nine. The designation has led to the creation of the Jasper Dark Sky Festival, an annual celebration of things celestial, and then, last year, the Jasper Planetarium.

The planetarium itself is an inflatable dome that seats 35 for a digital-projection show of constellations set against local landmarks.

The show includes the constellations identified and named by Canada's indigenous people, with names like Beaver, Star Chief, Loon, Goose, Wolf, Turtle, Spirit World and even one named Bigfoot.

"As far as we know we're the only planetarium in the world that has not only the constellations of the First Nations that would have been in this area since before recorded history, we have the only set of aboriginal constellations that fills the entire sky, where you can say this is the Ojibwa version of Cassiopeia, or this is the Cree version of Orion, for example," said McMahon.

THE CANADIAN PRESS

Visitors can take in a digital light show, then go outside to see the real thing. HANDOUT

metro SPORTS

Anheuser-Busch is honouring legendary sportscaster Harry Caray, who died in 1998, with a video that has him calling the end of Game 7

Redblacks resting 10 starters in finale

CFL

Team has players' health in mind ahead of East final

The Ottawa Redblacks would love nothing more than to close out the regular season with a victory, but not at the expense of playoff success.

As a result, Ottawa will have 10 new starters in its lineup on Friday night when the Redblacks host the Winnipeg Blue Bombers at TD Place, the regular-season finale for both teams.

After clinching first place in the East last weekend with a 23-10 victory over the Bombers (10-7-0) to earn a bye to the East final, the Redblacks (8-8-1) are taking advantage of a game that, by all accounts, is meaningless.

Following last week's game Ottawa had 31 players in the training room and as such the Redblacks want to give its starters as much rest as possible before the Nov. 20 East final. Should Ottawa lose it would mark the first time a team wins the East Division with a losing record.

"We just want to make sure we're smart," said Redblacks head coach Rick Campbell. "This is a big game for us, but the money is on Nov. 20. That's the big game for us and we want to make sure we're as healthy as possible for that game."

While the rest will clearly be beneficial for a number of players, there's a risk of building up rust when giving three weeks off to some including quarterbacks Henry Burris and Trevor Harris.

"We talked to them about it," said Campbell. "I had conversations with both those guys and we felt this was the right move for right now."

Third-string quarterback Brock Jensen will start against the Blue Bombers on Friday night.
MARK TAYLOR/THE CANADIAN PRESS

SIGNING

The Redblacks signed Cleyon Laing on Thursday morning. The Canadian defensive tackle was waived on Monday by the NFL's Miami Dolphins.

With Burris and Harris on the sidelines Brock Jensen will get his first start in the CFL.

Jensen was thrown into action earlier this season after Harris was injured July 22 against the Saskatchewan Roughriders. Jensen was 20-for-29 for 271 yards and two touchdowns in a disappointing 30-29 loss.

"I'm ready, I've had a lot of reps behind the quarterbacks," said the 26-year-old Jensen. "I feel very confident in what I'm doing and I'm very excited to play with the guys on Friday."
THE CANADIAN PRESS

RACECAR DRIVING

Canadian teenager promoted to F1

He doesn't yet have his regular road driver's licence, but 18-year-old Quebecer Lance Stroll was named Thursday to the Williams lineup for the 2017 FIA Formula One World Championship.

Stroll will be the youngest driver in F1 racing next year and the first Canadian on the grid since 1997 world champion Jacques Villeneuve left F1 a decade ago.

Lance Stroll
AFP/GETTY IMAGES

He will replace the retiring Felipe Massa to team up with Finnish driver Valtteri Bottas.

Stroll dominated this year's Formula Three championship, winning the series by more than 100 points.

"I want to look at it like I'm starting from zero again," Stroll told reporters during a news conference in England. "What happened this year happened this year.

"I'm going to have to learn a lot of new things for next season. I'm a rookie; I'm going to make mistakes, going to learn in many areas and I'm looking forward to that."

Stroll, who becomes the sport's youngest driver since Max Verstappen made his debut last year at 17, said he would like to get his regular road permit before the first race of the season.

"When we're looking at choosing a race driver, he has everything," said Claire Williams, deputy team principal of Williams Formula One racing team. "He has the talent in the cockpit, he's intelligent, he gives great feedback to the engineers."
THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

IN BRIEF

Chicago plans World Series title parade for Friday

The city of Chicago plans to honour its World Series champion Cubs with a parade and rally on Friday.

The celebration will start about 10 a.m. when the official parade leaves Wrigley Field for downtown Chicago.

The rally and parade come two days after the team won its first World Series championship in 108 years. Chicago beat Cleveland 8-7 in Game 7. THE ASSOCIATED PRESS

Man United offence falters against Fenerbahce

Manchester United's attacking problems continued as it lost to Fenerbahce 2-1 in the Europa League on Thursday, leaving it at risk of a group-stage exit.

United beat Fenerbahce 4-1 at Old Trafford a fortnight ago, but arrived in Turkey after drawing with Burnley 0-0, during which it dominated and had 37 chances. THE ASSOCIATED PRESS

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metro

RECIPE Pumpkin Cardamom Waffle

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You'll love the warm spice cardamom gives these pumpkin waffles, especially when it means you get breakfast for dinner.

Ready in 15 minutes
Prep time: 5 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 1 1/2 cups spelt flour
- 3 tsp baking powder
- 1/2 tsp salt
- ¼ tsp ground cardamom
- 3/4 cup milk
- 1/2 cup buttermilk
- 2 eggs
- 2 Tbsp oil
- 1 Tbsp maple syrup
- 1/4 cup pumpkin purée

Directions

1. Preheat your waffle iron.

2. In a large mixing bowl, whisk flour, baking powder, salt and cardamom. Stir in milk, buttermilk, eggs, oil and maple syrup. Mix in pumpkin.

3. Coat waffle iron with oil or nonstick spray; repeat if necessary between batches. Follow the waffle iron's instructions for cooking.

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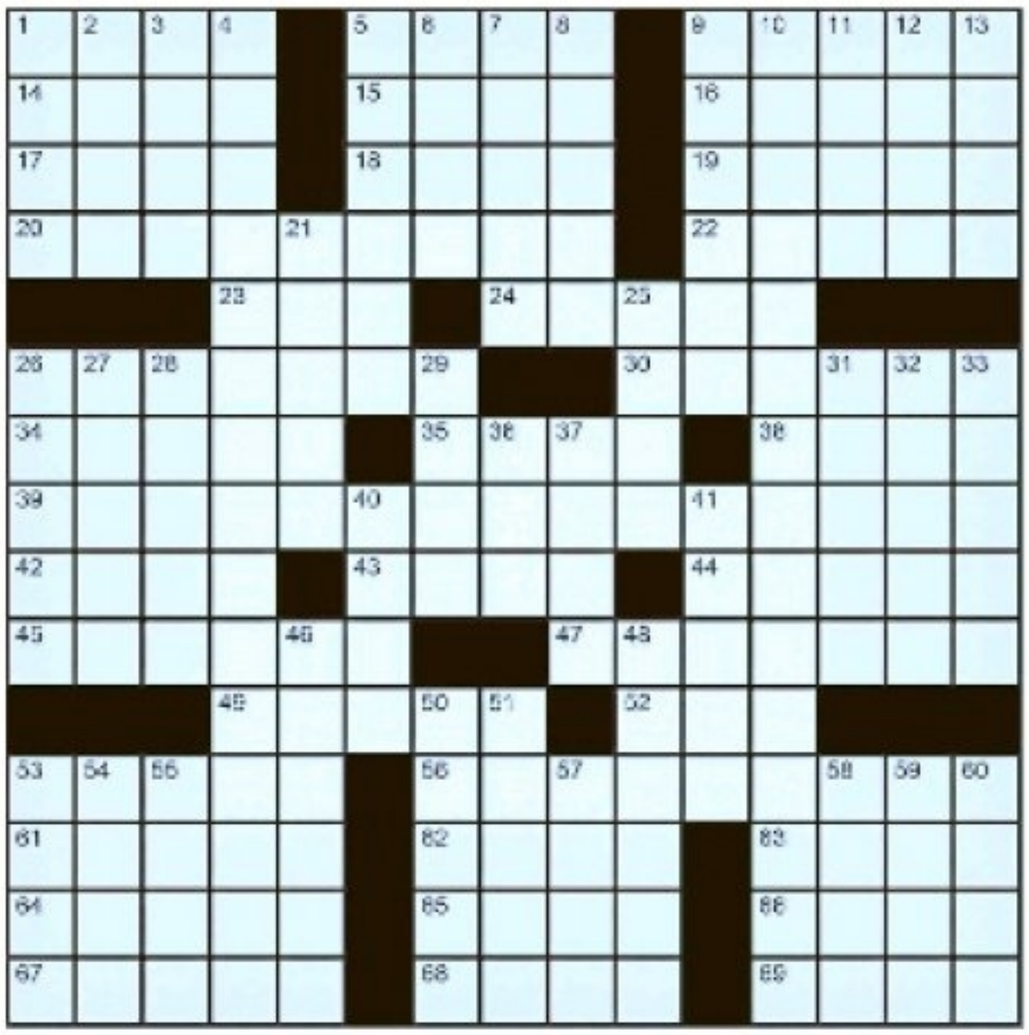
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Put on _ _ (Become shirted)
5. "Cast Away" (2000) transport
9. Will _ (Ladner, British Columbia born actor ...more at #39-Across!)
14. Extinct bird
15. Folky Mr. Guthrie
16. More right-sounding
17. Seed covering
18. Circle meas.
19. Payment proofs, puny-ly
20. Prime Minister William Lyon _ King (b.1874 - d.1950)
22. "_ _ be expected..." (No big surprises)
23. 'Lemon' suffix
24. Ms. Lake of showbiz
26. Prospector's lucrative discovery: 2 wds.
30. Alcove
34. "The Kid _ _ Tonite" by Loverboy
35. Susan Aglukark's "_ Na Ho (Celebration)"
38. Nero's 152
39. 2012 comedy in which #9-Across' character was Curly: 3 wds.
42. 1896 A.E. Housman poem, _ _ Athlete Dying Young
43. L'_ aux Meadows (Newfoundland attraction)
44. Discharges
45. Pressure
47. Smokey sight
49. "Hallelujah" by Leonard _
52. Director Mr. Grosbard
53. Schmoes
56. "How's the agenda looking after this?": 2 wds.
61. Love poetry Muse
62. "Before _ _ you go..." (One more thing...)
63. "Woe _ _!"
64. Clown in the opera Pagliacci
65. Roman ruler
66. _-_ Highway
67. Commuter's payment
68. Smile
69. Cravings

DOWN
1. Rock star Mr. Duritz
2. Afghanistan's _ Bora
3. Relating to lyric poetry
4. Fozzie Bear's fashion accessory on "The Muppet Show": 3 wds.
5. Sketch star Gilda
6. Tucson, _.
7. Decorative dash
8. Oscar-winner Marisa
9. Union action
10. For example... Carcross or Wrigley or Bathurst Inlet: 2 wds.
11. Informally dines
12. Cobblestone
13. Approximately: 2 wds.
21. Mother on "All in the Family"
25. 'Demo' suffix
26. Brad's of Hollywood
27. "Give it _ _!" (Try!)
28. "The Beverly Hillbillies" theme song closer: "Y'all come back now, _'_?"
29. So
31. Port _, Ontario
32. Seven, in Spain
33. Ms. Spacek
36. 'Loon' add-ons (Canuck dollars)
37. Itsy-bitsy bit of a min.
40. Foolhardy
41. Trompe l'_ (Visual illusions)
46. "Must you leave _ _?" (Can't you stay a bit longer?)
48. Lauren or Timothy
50. Bobby or Pam on "Dallas"
51. Vancouver Canuck, e.g.
53. The Blackhearts singer Joan
54. Slangy suffix to 'Stink'
55. Grade
57. Prefix to 'ferous' (Conveying air)
58. 'Conval' suffix (Recuperate)
59. Comics: Wolverine, for one
60. Money... Twenty = Two _

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Surprise opportunities to travel will fall in your lap today. Act fast, because this window of opportunity is brief.

Taurus April 21 - May 21
Today you can benefit from the wealth and resources of others. If someone offers you something like a gift or a favor — take it. You deserve it.

Gemini May 22 - June 21
Someone close to you might make an unusual suggestion to do something different. Why not say "yes"? You are a curious sign and love to learn anything new and unusual.

Cancer June 22 - July 23
Unexpected praise or a raise might delight you at work today. Something positive will happen. Be prepared to act on it.

Leo July 24 - Aug. 23
Surprise invitations to social events will please you today. Likewise, an unexpected flirtation could make your heart go pitter-patter.

Virgo Aug. 24 - Sept. 23
Surprise company might drop by today. Or you might spontaneously decide to entertain at home. Be on the lookout for unexpected real-estate opportunities.

Libra Sept. 24 - Oct. 23
Spontaneous short trips and chances to see new places and meet new faces will please you today. One thing is certain — it's not a boring day!

Scorpio Oct. 24 - Nov. 22
Unexpected opportunities to boost your income exist today. This might be a new job or ways to make money on the side. You also might buy something for yourself that is artistic, modern or high tech.

Sagittarius Nov. 23 - Dec. 21
Because this is a good time to shop for wardrobe items, you might suddenly discover something you really like. Likewise, a social invitation will please you. T

Capricorn Dec. 22 - Jan. 20
Something hidden or behind the scenes will please you today. It will be like a treat that you did not expect to encounter. You'll feel younger and excited.

Aquarius Jan. 21 - Feb. 19
A friend will do or say something that catches you off guard today, but you will like it. Some of you will meet someone new.

Pisces
Feb. 20 - March 20
You might develop a crush on your boss today. Or possibly, someone in authority will say something positive about you. This is a good day to ask for permission for something unusual.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		2			8	5		
	7						6	
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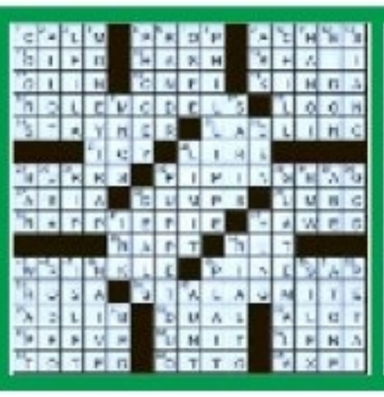

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6	2	4	1	9	5	7	3	8

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